

# FAMILY WELLNESS FIRST

## Nerve System Function and Wellness

The term “wellness” is becoming common and being used by many holistic care groups to describe the type of care they are offering. Merriam Webster defines wellness as “the quality or state of being in good health, especially as an actively sought goal.” From Wikipedia, the free encyclopedia, “Wellness is generally used to mean a healthy balance of the mind-body and spirit that results in an overall feeling of well-being. In other words, wellness is a view of health that emphasizes the state of the entire being and its ongoing development.

ICPA sent out a survey to its members asking for the reasons why parents bring their children in for chiropractic care. The number one reason reported was “wellness.” Parents are recognizing the importance of chiropractic care and the significant role it plays in the family wellness lifestyle.

Let’s look more closely how your doctor of chiropractic contributes to your family wellness. Back to basic chiropractic science, the adjustment reduces nerve system stress and allows the body to function in a greater state of health. As the nerve system regains proper function, all systems of the body are improved. This is because the nerve system is the master control system of the entire body. It orchestrates and regulates all other body systems. There is no question that health in the body is dependent on a healthy nerve system function.

Additionally, doctors of chiropractic offer their patients lifestyle options that contribute to their well-being. Improved posture, suggestions for body movement and exercise significantly contribute towards our overall health by their affect on nerve system function. Awareness of chemical toxicities and their effect on the nerve system are another way that doctors of chiropractic guide their patients to a healthier lifestyle. Chiropractors have always offered these suggestions to their patients, even before other professions saw the importance of these factors in health. These physical components



are vital for healthy nerve system function and therefore well-being

We also know that when our nerve system is healthier our minds function more efficiently as well. In chiropractic, our specific work with the nerve system has a significant effect on our ability to affect the way we think and behave. An overloaded, ill functioning nerve system cannot handle additional physical or emotional stress overload.

*Pathways* has frequently published articles and testimonials supporting the positive effect the chiropractic adjustment has had on people’s thoughts and feelings. In one issue, a young boy diagnosed with ADHD said this to his mother about the adjustment, “it takes the noise out of my head.” How profound is his statement in realizing the direct correlation between nerve system function and the ability to think and feel clearly?

So too, our feelings and attitudes have a direct correlation to our nerve system. Current science is demonstrating the direct relationship between our thoughts and feelings and our nerve system function. In other words feelings of despair and hopelessness create a stress overload on our nerve system and once again, an overloaded nerve system creates malfunction in our bodies.

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What chiropractic offers is the physical adjustment to reduce nerve system stress and a complimentary philosophy to support nerve system function as well. In this way it is uniquely affecting nerve system function from two perspectives and therefore offering a deeper level of health and wellness.

The chiropractic philosophy of health is: recognition, respect and trust in the body's innate purpose to heal and be well. Understanding this empowering view of health is a huge benefit to reducing nerve system stress as feelings of despair and fear about healing are replaced with hope and confidence. Current scientific studies are showing us that those two feelings are essential for true and lasting healing and wellness.

Chiropractic care is pioneering the wellness movement because of its unique ability to enhance nerve system function on both of these levels. Join the many families who have made chiropractic care the largest natural healing movement today.<sup>FWF</sup>

Modified excerpt from: *Nerve System Function and Wellness* by ICPA CEO, Jeanne Ohm, DC. Read more in *Pathways* at: [www.pathwaystofamilywellness.org](http://www.pathwaystofamilywellness.org)

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